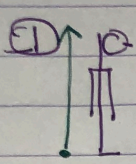
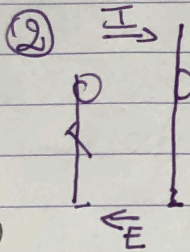


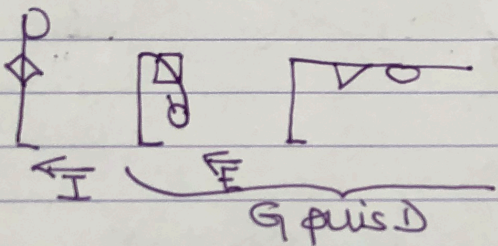
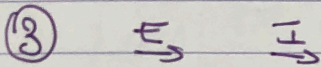
Octobre 2020 - Flexion avant Janus Sasana



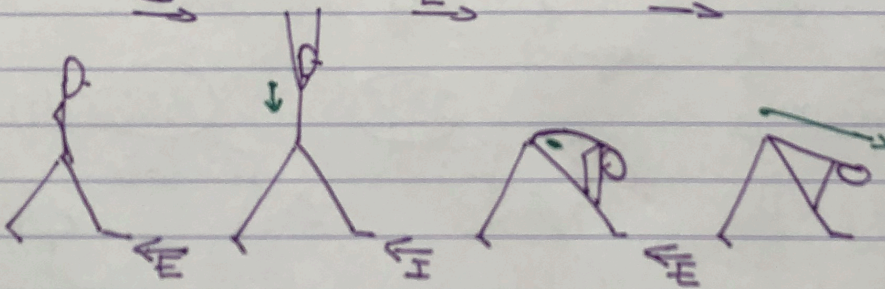
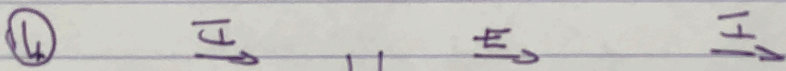
. observer les appuis pieds → bassin → colonne
 . observer son souffle
 . accompagner I - navel → abdomen ↓
 E - périnée → navel. ↑



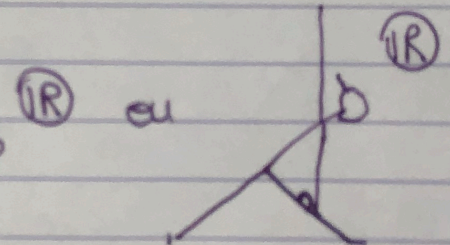
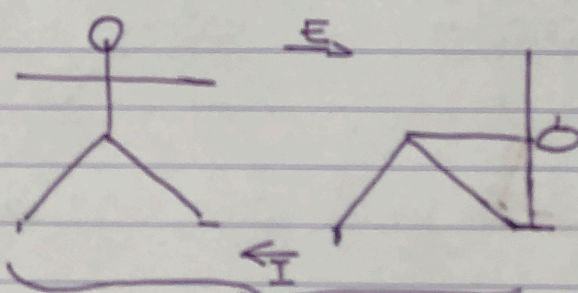
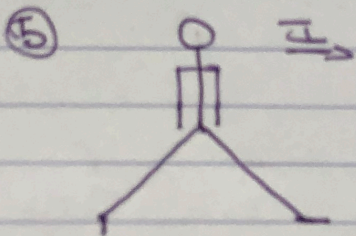
x I monte sur 1/2 pointe (orteils)
 x6 épaules dégagées des oreilles, basses
 x S'appuyer sur 2 gros orteils.



x mains à la hauteur bassin/cuisse



x flexion depuis les hanches (bassin & dos ensemble)



main sur tibia jamais sur rotule.

x butte toujours de face - descendre progressivement